

Nutrition Tips, Tricks, and Resources for the High School Swimmer



<p>Prioritize Hydration</p> <p>Begin the day with a glass of water and carry a water bottle throughout school and practice.</p> <p>During long swim meets or intense training sessions, consider electrolyte drinks to replenish minerals lost through sweat.</p> <p>Check urine color; aim for pale yellow to ensure adequate hydration.</p>	<p>Be Mindful of Dairy/Gluten:</p> <p>Personal Reactions: Some swimmers may experience digestive issues with dairy or gluten. If this is the case, explore alternatives like lactose-free dairy products or gluten-free grains.</p>	<p>Plan for Pre-Practice Meals and Snacks</p> <p>Timing: Eat a meal 2-3 hours before practice or a snack 30-60 minutes prior.</p> <p>Snacks: Choose easily digestible options rich in carbohydrates with a touch of protein, such as:</p> <p><i>(Bananas with nut butter, Whole grain toast with honey, Yogurt with fruit)</i></p>
<p>Plan Ahead</p> <p>Prepare meals and snacks in advance to avoid unhealthy last-minute choices. Batch cooking on weekends can make weekdays easier.</p>	<p>Never skip breakfast:</p> <p>Aim for a protein-rich option with carbohydrates (e.g., smoothie, oatmeal topped with fruit and nuts).</p>	<p>Eat 2 breakfasts on competition day</p> <p>Bagel and eggs and berries</p> <p>Banana with peanut butter</p>
<p>Fuel 2 hours before practice</p> <p>Cherries and turkey sandwich</p> <p>Applesauce and string cheese</p>	<p>Post training</p> <p>25 g protein and 50 g carbs to repair and refuel</p> <p>Yogurt and granola and chocolate milk</p>	<p>Tried and True, Nothing New:</p> <p>Never try anything new on competition day- Test foods during practice days</p>
<p>Hydrate 100 oz H2O</p> <p>Consider milk in between meals meals, water at meals</p>	<p>Sleep</p> <p>Minimum of 8-11 hours</p>	<p>Eat three balanced meals</p> <p>Should contain a protein, carrb, veggie, fruit and fluid</p>

Resources

[USA Swimming: Nutrition and Recovery](#)

[American Dairy Association Sports Nutrition Recommendations: Swimming](#).

[Nutrition for Swimmers: USA Swimming](#)

[Swimming World Article: The Big Deal About Nutrition for Swimmers](#)

[Sports Dietitian Australia: Swimming and Nutrition](#)

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